

Cory van Dijk's Story

Cory van Dijk, 28, will be participating in the 2019 Step Up for MSWA for the third year running.

“A group of us volunteer firefighters were initially talking about the stair climbing challenges in New Zealand and Sydney, then found that there was one in Perth, so we jumped on board” said Cory.

As a member of the Bunbury Volunteer Fire and Rescue Team, Cory is well up for the challenge of competing in the Extreme Category. He'll be wearing his full structural turnout kit, including breathing apparatus, cylinder and mask.

Whilst Cory doesn't have a personal connection to MSWA, the more he got to know about the great work MSWA does, the more he learned that MS and other neurological conditions actually did affect people he knew or knew of. Step Up for MSWA has proved the ideal way for Cory to 'step up' and help out.

Cory was the highest individual fundraiser for the Firefighter and Protective Services Challenge in 2018, raising \$2,550. He said, “I like to keep my annual goal at \$3,000, although in the past two years, I'm very happy to have raised over \$2,000 each year. I'm still optimistic about reaching \$3,000 though! I feel a real sense of achievement in coming back again for 2019.”

Cory uses the power of his social media to rally support for his efforts. “I mostly use Facebook to share a link to my fundraising page, along with photos of our team training for the event. Just having the link there makes donating easy. I also personally tag/mention every single person who donates and thank them for their contributions.”

Cory's aim is to complete the 2019 Step Up for MSWA in under 15 minutes, in the Extreme Firefighter Challenge. Plus, he hopes to get some corporate sponsorship behind him to reach, and even exceed, his fundraising goal of \$3,000.

MSWA thinks Cory is in fine fitness and fundraising form to do just that!

